



Marlborough Lunch Menu

Monday 1st – Friday 5th April 2019

Monday Meat Free	1	Homemade Pizza Margerita Served with raw veggie sticks, optional hard boiled eggs and homemade coleslaw.	V <u>V*</u>
	2	Curried Lentil, Tomato and Coconut Soup Served on the salad bar with toasted pitta bread sticks and raw veggie sticks.	V <u>V</u>
Tuesday	1	Jacket Potatoes A choice of white or sweet potato, served with organic baked beans, optional grated Cornish Davidstow cheddar and homemade coleslaw.	V <u>V</u>
	2	Butternut Squash and Pea Risotto Served with seasonal veggies.	V <u>V*</u>
	3	Smoked Mackerel Pate Open Sandwiches Served on the salad bar with salads and raw veggie sticks.	
Wednesday	1	Beef Lasagne Served with seasonal veggies.	
	2	Roasted Veg Lasagne Served with seasonal veggies.	V <u>V*</u>
	3	Egg Mayo Open Sandwiches Served on the salad bar with raw veggie sticks and salads.	V
Thursday	1	Fishcakes and Rice Served with mildly spicy tomato sauce, wholegrain rice and seasonal veggies.	
	2	Bean Burgers Served with mildly spicy tomato sauce, wholegrain rice and seasonal veggies.	V <u>V</u>
	3	Herby Cheese Scones Served with cheese, chutney, raw veggie sticks and salads on the salad bar.	V
Friday	1	Sausages and Potato Wedges Served with seasonal veggies.	
	2	Veggie Sausages and Potato Wedges Served with potato wedges and seasonal veggies.	V <u>V</u>
	3	Hummus and Breadsticks Served on the salad bar with raw veggie sticks.	V <u>V</u>

Sometimes our seasonal veg is steamed, sometimes roast, sometimes stir fried, but we decide on it the day before to make sure we can make the most of what's best value and available locally or more further afield. Same goes for our salads, we choose them the day before but ensure there's always a good mix of simple and more adventurous, light and more filling.

V/V*

Vegetarian (including no fish) or can be made veggie on request if starred

DF/DF*

Dairy free (including no eggs) or can be made dairy free on request if starred

V/V*

Naturally vegan or can be made vegan on request if starred

Use the above key to choose options in regards to dietary requirements, ensuring the school know about all allergies and restrictions. If in doubt, please don't hesitate to ask for advice in the school office.